PICTURE THIS: Cell phones targeted as a place to watch TV shows | Page 8

express



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Monday



Michael Phelps won a record eight gold medals.

Golden Moments: Phelps soaks in his historic week | 10

Virus Protection: 1918 flu survivors still carry a cure | **3**







Jamaicans Dash to 100 M Sweep

GOLD RUSH: Jamaica's Shelly-Ann Fraser celebrates winning the gold with a time of 10.78 seconds in the women's 100-meter final at the Beijing Olympics Sunday. It was a banner day for the Caribbean country as Foster's teammates, Sherone Simpson and Kerron Stewart, tied for the silver. A day earlier, Jamaican Usain Bolt won the men's 100 meters. **A leg up:** Jamaica dominates U.S. | **Page 10**

Russians Pledge to Withdraw

Forces set to begin pullout from Georgia on Monday

GORI, GEORGIA | Russian President Dmitry Medvedev promised to start withdrawing forces from positions in Georgia on Monday, but suggested they could stay in the breakaway region at the heart of the fighting that has reignited Cold War tensions.

Top American officials said Washington would rethink its relationship with Moscow after its military drive deep into its much smaller neighbor and called for a swift Russian withdrawal.

"I think that there is a



Medvedev

real concern that Russia has turned the corner here and is headed back toward its past rather than toward its future, and my hope is that we will see actions in the weeks and months to come that provide us some reassurance," Defense Secretary Robert Gates said Sunday.

Bolstered by Western support, Georgian President Mikhail Saakashvili vowed never to abandon its claim to territory now firmly in the hands of Russia and its separatist allies, even though he has few means of asserting control. His pledge, echoed by Western insistence that Georgia must not be broken apart, portends further tension over separatist South Ossetia and Abkhazia.

 ★ Troops dig in: Actions in Gori, Georgia, reflect a broadening, not waning, incursion | Today's Post, Al



WOULD YOU BE WILLING TO SEND YOUR CHILDREN TO D.C. PUBLIC SCHOOLS? (A YES (B NO



MONDAY 92 70



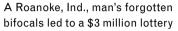
TUESDAY **92**|**68**

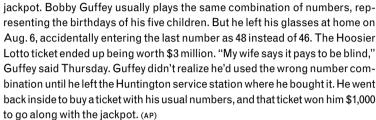


86 | **70**

LUCKY

Fate Subverted By 'Senior Moment'





JEAL OUSY

Uptight Neighbors Are Not Getting Any

A British man has been banned from visiting his girlfriend's home after neighbors complained about noisy sex. A court barred Adam Hinton, 32, from going within 110 yards of girlfriend Kerry Norris' apartment, Brighton and Hove City Council's Mike Taggart said. Residents had been complaining since 2006 about thumping music, banging headboards and screamed obscenities. "She is a classic nightmare neighbor," Taggart said. Norris last week was forced to pay \$560 in fines for breaking the "noise abatement order," Taggart said. (AP)



CLOSURE

Death of

Two men who claim to have found a Bigfoot corpse in the woods of Georgia indignantly stood by their story at a news conference Friday. Matt Whitton and Rick Dyer announced the discovery in early July on YouTube videos and their Web site. The specimen they bagged, the men say, was one of several apelike creatures they spotted cavorting in the woods (that's supposedly one of them, at left). "Everyone who has talked down to us is going to eat their words," Whitton said. (AP)

Winsome Pranksters Charm. Deface Town

No one seems to know where the mysterious stickers came from - colorful dots that appeared in Appleton, Wis., apparently placing a value on the most mundane of public objects. An orange dot on a light post is labeled "Art Object, \$10,000." Nearby, another sticker declares a fire hydrant worth

\$10. The dots are all around downtown; all have "Art Object" and a price typed on them. Friday marks the city's monthly Art on the Town, a celebration of art in the community, but coordinators say the stickers aren't theirs. (AP)



Improve Depressive **Symptoms Faster?**



Several medications are effective for treating depression; however, they take weeks or months to achieve their full effects. NIMH is studying whether a drug can cause a rapid antidepressant effect in patients with bipolar or unipolar depression. Understanding how this works may help us design better antidepressants. The study will also see if the rapid antidepressant effects can be sustained. The study is conducted at the NIH Clinical Center in Bethesda, MD.

NIMH is Seeking Participants:

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LET THIS BE A LESSON: A man was arrested Thursday in Stanton, Texas, after his getaway plan for a robbery went horribly awry. After allegedly robbing a drugstore, police said, the man headed back to his car and discovered he had locked his keys in it.

Nation

Antibodies From 1918 Flu Live On

Blood of survivors still carries protection against lethal illness

WASHINGTON | Nearly a century after history's most lethal flu faded away, survivors' bloodstreams still carry super-potent protection against the 1918 virus, demonstrating the remarkable durability of the human immune system.

Scientists tested the blood of 32 people ages 92 to 102 who were

The number of people, in millions, estimated to have been killed worldwide by the 1918 influ-

enza.

exposed to the 1918 pandemic flu and found antibodies still roam the body looking to strangle the old flu strain. Researchers manipulated those antibodies into a vaccine and found that it kept alive all

the mice they had injected with the killer flu, according to a study published in the journal Nature.

There's no pressing need for a 1918 flu vaccine, because the virus has long since mutated, but the research confirms our immune system has a steel-trap memory.

"It's incredible," said study co-author Dr. Eric Altschuler at the University of Medicine and Dentistry.
"What doesn't kill you makes you stronger." SETH BORENSTEIN (AP)

Survey: TV Still Top News Source

Shift to online news sites is mostly found among younger people

NEW YORK | Fewer Americans are reading newspapers and are instead getting their news online, but television remains the leading source of news in the country, according to a survey released Sunday.

Not surprisingly, younger people tend to get more of their news on the Internet, while older folks use traditional media such as television and newspapers, the Pew Research

PARTISAN VIEWING

- → Overall, among those who get some of their news from TV, fewer are watching the 6:30 p.m. broadcast network newscasts and instead are opting for cable news
- → The majority of CNN's audience now are Democrats, while 39 percent of Fox News' viewers are Republicans, the survey found.

Center's biannual survey on news consumption habits found.

Pew said the results show an

increasing shift toward online news consumption, but that there is now a sizable group of a more engaged, sophisticated and well-off people who use both traditional and online sources to get their news.

Pew researchers referred to these people as "integrators," and say they account for 23 percent of those surveyed.

Pew found that the largest group of news consumers — 46 percent have a "heavy reliance" on television for their news at all times. This group is the oldest, with a median age of 52, and least affluent, with 43 percent unemployed. They are unlikely to own a computer.

The group that relies most on the Internet for news is the youngest at a median age of 35. It is also the smallest, at 13 percent of those polled.

Pew found that consumers of online news tend to be more educated than those who get their news from traditional sources, with 44 percent of college graduates saying they read news online every day. Just 11 percent of those who topped out with a high school education go online for news. Jeremy Herron (AP)

BRIDGEPORT.CONN. | CHOW CHAMPS



FEEDING FRENZY: Eric Booker of Selden, N.Y., right, chows down on ribs as Juliet Lee of Germantown, Md., middle, forces more food into her mouth Sunday during the fourth annual Ash Creek Saloon Rib Eating Championship.

Grand Canyon Visitors Rescued After Dam Break

PHOENIX | An earthen dam broke near the Grand Canyon early Sunday after heavy rains that forced officials to pluck hundreds of residents and campers from the gorge by helicopter. No injuries were immediately reported. The failure of the Redlands Dam caused some flooding in the village of Supai, where about 400 members of the Havasupai tribe live, said Grand Canyon National Park spokeswoman Maureen Oltrogge.

As much as 8 inches of rain since Friday caused trouble even before the dam burst. A flash flood warning was in effect for the area until early Sunday evening. (AP)



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Nation



"If you can handle eight gold medals, you can handle anything."

- President Bush, in a phone call to Olympian Michael Phelps

Ridge: Pro-Choice VP OK

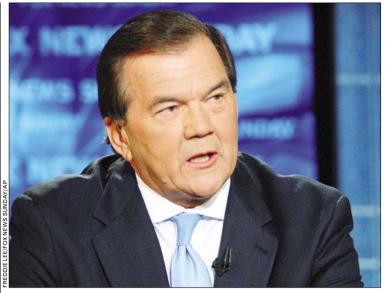
Abortion rights issue muddles McCain's running mate options

CHICAGO | Former Pennsylvania governor Tom Ridge said Sunday he thinks Republicans would accept a vice presidential candidate who supports abortion rights.

But he said whoever Sen. John McCain picks as a running mate should defer to McCain's positions on the issue. McCain opposes abortion rights, but he riled conservatives last week when he said his running mate could — like Ridge - support abortion rights.

"What he was saying to the rest of the world is that we need to accept both points of view," Ridge said.

Ridge is believed to be on McCain's short list of vice presidential candidates, though it would be a major break with Republican orthodoxy for McCain to pick a running mate who supports abortion rights.



Ex-Pennsylvania governor Tom Ridge is rumored to be on John McCain's list of possible running mates, but he differs from the Arizona senator on abortion rights.

McCain's statement last week was seen as an appeal to centrist voters. On Sunday, Ridge tried to soothe conservatives by stating that McCain's view on the issue would prevail in a McCain administration

"The last time I checked, the vice president is not an independent voice. He echoes the position of the president of the United States," Ridge said. NEDRA PICKLER (AP)

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

> Financial compensation will be provided for participation.

> > Call: 1-800-411-1222 (TTY: 1-866-411-1010)

http://patientinfo.nimh.nih.gov

or for other studies: www.clinicaltrials.gov





The number of babies an Egyptian woman gave birth to on Saturday in Alexandria, Egypt. Ghazala Khamis, 27, said Sunday she had seen her septuplets — four boys and three girls — only on television and hoped to hold them and give them names soon.

Impeachment Nears for Musharraf

Pakistani leader resists resignation as coalition finalizes list of charges

ISLAMABAD, PAKISTAN | Pakistan's ruling coalition finalized impeachment charges against President Pervez Musharraf on Sunday, and a government minister said they could be filed as early as this week

if he does not resign first.

Musharraf is holding out against intense pressure to quit from political foes who swept February elections.



Musharraf

With Musharraf's utility fading, the West appears less concerned with his ultimate fate than with how the crisis is affecting the new civilian government's efforts to fight terrorism and economic woes.

A committee of Pakistan's ruling coalition on Sunday finalized a list of impeachment charges against Musharraf after five days of talks, Information Minister Sherry Rehman said.



Members of the Pakistani religious party Jamat-i-Islami protest against President Pervez Musharraf in Karachi on Sunday.

If coalition leaders give a green light, "we will be presenting [the list] as part of a resolution and charge sheet in the joint houses and, God willing, that should happen this week," Rehman said.

The coalition is confident it

will easily secure the required two-thirds majority in a joint session of the upper and lower houses of parliament to oust Musharraf.

They argue Musharraf should quit now to spare the nation from a divisive political showdown.

Presidential spokesman Rashid Qureshi reiterated Sunday that Musharraf would soldier on.

"[It] must be clear to everyone that President Musharrafis not going to resign, period," Qureshi told The Associated Press. STEPHEN GRAHAM (AP)

In Brief

BAGHDAD

Suicide Bombing Kills U.S.-Backed Sunni Leader

A suicide bomber dressed in a woman's robe detonated explosives Sunday in a heavily guarded Sunni area of Baghdad, killing the deputy leader of the neighborhood's U.S.-backed security volunteers who had turned against al-Qaeda, Iraqi officials said. Six bodyguards of Farooq al-Obeidi, deputy leader of the "awakening council" in Baghdad, also died in the blast. (AP)

KABUL, AFGHANISTAN

7,000 Police Patrol Streets Ahead of Independence Day

The Afghan police ordered 7,000 officers onto the streets of Kabul to guard against attacks on senior leaders during Independence Day celebrations Monday, responding to signs of the Taliban's growth near the capital. The location of the celebration of Afghanistan's 89th anniversary of independence from Britain was kept secret to try to minimize the risk that insurgents could disrupt the commemoration. (AP)

STOCKHOLM, SWEDEN

Study Shows Widespread Use of Raw Sewage on Farms

People in developing countries are facing growing health risks caused by the widespread use of raw sewage to irrigate crops, according to a study unveiled Monday at a global water conference in Sweden. The report, by the International Water Management Institute, says more than half of farmland near 70 percent of cities in Third World countries is watered with sewage that threatens to spread epidemics. (AP)

SINGAPOR

Prime Minister Urges Youth To Marry Early, Have Babies

Prime Minister Lee Hsien Loong called Sunday on Singapore's youth to marry early, and to have more babies. Singapore's fertility rate is currently 1.29 children per woman, well below the 2.1 needed to maintain the country's 4.6 million population, Lee said in a televised speech. Lee, 56, said Singapore's men are too traditional while women care too much about their careers. (AP)

Israel to Release 200 Palestinians As Goodwill Act

JERUSALEM | Israel's Cabinet on Sunday approved the release of about 200 Palestinian prisoners as a goodwill gesture to the government of Palestinian President Mahmoud Abbas.

Earlier this month, Prime Minister Ehud Olmert told Abbas he would free some of the 9,000 Palestinians held by Israel to energize peace talks between the two sides.

A statement issued after the meeting said the release was intended "to demonstrate that the release of prisoners can be achieved through talks and not through violence and the kidnapping of soldiers." That was a reference to the capture of an Israeli soldier by Hamas-linked militants in a cross-border raid two years ago. Josef Federman (AP)

Zimbabweans Reach Basis for Deal

Rivals reportedly set to resolve political differences after talks

JOHANNESBURG, SOUTH AFRICA | Zimbabwean negotiators have the basis for a power-sharing agreement and should quickly resolve their political differences and turn their attention to their nation's economic crisis, southern African leaders said Sunday.

Zimbabwe's opposition portrayed that assessment — reached after three days of discussions among Southern African Development Community leaders at a regional summit — as an endorsement of further talks.

But it also could be read as pressure to approve a deal despite signs the opposition and Zimbabwean President Robert Mugabe's party



Zimbabwean President Robert Mugabe stands after the end of a Southern African Development Community summit in Johannesburg, South Africa, on Sunday.

have deep reservations.

The SADC's key committee on security and politics said it had reviewed a report on more than a year of mediation sponsored by the regional bloc.

In recent weeks, the negotiations had focused on trying to bring Mugabe and opposition leader Morgan Tsvangirai into a unity government. Both appear at odds over who would wield the most power in such a government.

The SADC encouraged Zimbabwean rivals "to sign any outstanding agreements as a matter of urgency to restore political stability in Zimbabwe." DONNA BRYSON (AP)



OMG! A 17-year-old Swedish student won a text-messaging championship by writing a 141-character message in only 61 seconds in Stockholm, Sweden, on Saturday, Agence France-Presse reported. My Svensson beat her closest opponent by seven seconds but failed to match her personal best of 50 seconds.

World

China Confiscates Bibles

U.S. Christians had intended to distribute materials in SW city

BEIJING | Chinese customs officials confiscated 315 Bibles on Sunday from four American Christians who arrived in a southwestern city with plans to distribute them, the group's leader said.

The Bibles were taken from the group's checked luggage after they landed at the airport in the city of Kunming, said Pat Klein, head of Vision Beyond Borders. The group, based in Sheridan, Wyo., distributes Bibles and Christian teaching materials around the world to "strengthen the persecuted church," according to its Web site.

The group arrived in China on Sunday and had intended to dis-

BEIJING'S AIR CLEARS

→ Halfway through the Olympics, Beijing organizers finally got what they wanted: true blue-sky days.

On average, Beijing's air pollution levels in August dropped by 20 percent compared with

the same time last year, said Du Shaozhong, deputy director of Beijing's Environmental Protection Bureau, who credited the drop to China's war on smog.

tribute the Bibles to people in the city, Klein told the AP in a telephone interview while still at the airport.

"I heard that there's freedom of religion in China, so why is there a problem for us to bring Bibles?" Klein said.

The move comes as China hosts the Olympics in Beijing, where false media reports last year claimed Bibles would be banned from the games. The state-run China Daily reported last month that 10,000 bilingual copies of the Bible would be distributed in the Olympic Village, which houses athletes and media.

Bibles are printed under the supervision of the communist government. The officially atheistic country allows them to be used only in government-sanctioned churches and in some big hotels catering to foreigners.

Klein said the customs officers had told him that they could each have one Bible for personal use and not more than that. He said the officers had videotaped them and were insisting that they leave the airport. GILLIAN WONG (AP)

INDONESIA | HEIGHT OF COMPETITION



AMAZING RACE: Competitors climb greased poles to reach buckets, bicycles and other objects during festivities to mark Indonesia's 63rd anniversary of independence from the Dutch, in Jakarta, Indonesia, on Sunday.

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Personal Tech

The amount, in millions of dollars, that Yahoo Inc. shelled out in the first half of 2008 to outside advertisers that helped the company navigate stormy buyout talk with Microsoft Corp. and the ensuing proxy threat from activist investor Carl Icahn.

Pocket-Size TV

U.S. TV broadcasters look to bring regular frequencies to phones

WIRELESS | Picture whipping out your cell phone and catching up with "Lost" or "Jeopardy," or watching the local 11 o'clock news, all

You can do this with an imported Chinese phone, but you can't with any phone sold in the U.S. — at least not without monthly charges.

This is one of the reasons the United States is behind several other countries when it comes to making television an attractive option for cell phones. Carrier business models are partly at fault, but choices about TV technology made long ago are largely to blame.

When the U.S. digital TV standard was laid down in the early '90s by the Advanced Television Systems Committee, it was optimized for high-definition signals to stationary antennas, according to Mark Richter, president of the



The ZTE i766 mobile phone, made by Chinese company ZTE Corp., can tune only to analog transmissions, which will go away for good on Feb. 17, 2009, in the U.S.

industry group.

At the time, cell phones had screens that could display eight digits and nothing else, so little thought was given to making the broadcasts work with mobile gadgets.

U.S. TV broadcasters are quite eager to provide free broadcasts to cell phones, just as they do to TVs with "rabbit-ear" antennas. They want to reach cell phones through

another wireless standard the ATSC is creating. It will use regular TV frequencies to reach mobile gadgets, meaning TV stations will be able to broadcast from existing towers.

The goal is to complete the new standard, called ATSC-M/H, by the first quarter of next year, Richter said. That could mean broadcasts will be operational before the end of next year. Peter svensson (AP)

DISCUSSIONS

I just ordered my new Mac Book Pro. I was wondering what you think is the best way to run Windows on this machine. I want to run Windows for one reason only - to watch Netflix "play now" movies. This is, of course, only for a few more months, until I can download them to my Xbox 360.

If you have a valid XP SP2 or Vista CD, you could install Windows inside Boot Camp for free — but rebooting the entire Mac to watch a movie seems a bit much, no? But avoiding rebooting will require spending \$80 on a copy of VMWare Fusion or Parallels Desktop. At that point, I think you've got to ask if it wouldn't be easier to spend \$100 on the Roku Netflix Player, the tiny box that plugs into your TV.

iTunes added rented movies a little while ago. Did you know that the movies play only on the latest iPods and not the earlier 30 g video iPod I have?

iTunes rentals come with much stricter "digital rights management" than all other iTunes downloads

and therefore much tighter system requirements.

I am going to buy a new television and was told by a guru friend to be sure to get one with 1080 specs, as the earlier lower number will be slowly phased out. He said that I would spend a little more money, but in the long run, I would be happier with my reception.

720p isn't going to be phased out nobody broadcasts in 1080p.

Your "guru" doesn't know what he's talking about. 720p isn't going to be phased out anytime soon — nobody broadcasts in 1080p, and nobody can. 1080p is a nice "bonus" feature, and you'll probably get it for free on most mid-range sets now. But don't go out of your way to spend extra just to get that feature unless you're buying an enormous screen and a Blu-ray player.



washingtonpost.com

Rob Pegoraro takes a closer look at consumer electronics and personal tech monthly on washingtonpost.com/tech

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NO FUN: A Chesapeake, Va., high school's marching band will perform at Disney World over winter break, but band members won't be allowed to go on the rides, due to a school rule adopted in 2006 in response to incidents in which students were injured on park rides.

Local

In Brief

WASHINGTON

Security Officials to Scan D.C.-Area License Plates

Homeland security officials in the Washington area plan to dramatically expand the use of automated license plate readers to prevent possible terrorist attacks. Officials from Maryland, Virginia and the District of Columbia have agreed to install 200 license plate readers on police vehicles, at airports and along roads. The plan announced Friday will be funded by federal homeland security grants for the area. The readers will scan every license plate that passes by and will run the numbers through federal criminal and terrorist databases. (AP)

OCEAN CITY, MD.

Consultants Push to Improve Md. Government Web Sites

It's time for state and local governments to make their Web sites more interactive. That was the message from communications consultants who spoke to county officials from across the state at their annual conference in Ocean City this weekend. Jeanne Allert of Ellipsis Partners in Ellicott City says "portals are on their way out", and "collaboration is in." She says rather than just publish government information, sites need tools developed by sites like Facebook and YouTube to gather information and opinions from constituents. One strategist said local governments need to collect e-mail addresses from constituents so they can communicate with them better. (AP)

DCPS Options Few Under 'No Child'

Parents can transfer kids to better schools, but not many exist

Earlier this month, parents of students in 81 low-performing D.C. public schools — almost two-thirds of the District system — got a packet in the mail announcing that federal law entitles them to transfer their children to a stronger school.

The notice goes out every August, required under the federal No Child Left Behind law. But in a system filled with failing schools, parental choice can be a hollow proposition. Perhaps that's why officials reported Friday that they have received just 34 applications for transfer. The deadline is Tuesday.

"What a joke," LaCrisha Butler said. Butler is one of the few who is pushing ahead. She wants to pull her nephew, Travis, out of Coolidge High School, which this year failed for the fifth time in a row to hit math and reading test benchmarks under the law. The eight other mainstream high schools he might attend also are under federal mandate to restructure and improve.

That leaves the District's five "specialty" high schools — Ellington School of the Arts, McKinley Tech, Banneker, Phelps and School Without Walls. All have admission requirements that pose significant obstacles for Travis, a special-needs child who has an individualized education plan.

Alternative schools must be both academically sound and sufficiently secure so that they are not deemed "persistently dangerous," as defined by D.C. law. The nearly 5,000 children in the District's 11 eleven floundering middle and junior high schools have just two choices under the No Child Left Behind option: Deal and Hardy, both in Northwest.

For the nearly 20,000 children at the 48 elementary schools under some kind of federal sanction, there are 11 alternatives. This is a problem that school districts across the country face," D.C. Schools Chancellor Michelle A. Rhee said. "That's why the administration is focused on increasing school achievement levels ... in an effort to prevent this type of predicament in years to come."

(The Washington Post | BATTLEFIELD DEBATE



HISTORIC LAND: A visitor checks out a canon at Manassas National Battlefield Park on Aug. 6. The park wants to preserve views of the battlefields
at this Civil War site from power lines, buildings and even trees. ❖ Tough
decision: County officials and historians question whether it's worth sacrificing progress — and more trees — to re-create history | Today's Metro

Retired Scientists to Help Area Kids

HERNDON, VA. | A scientist who recently helped guide the Phoenix lander safely to the surface of Mars is among a group of experts heading into Washington-area schools this year.

Through a partnership with

the American Association for the Advancement of Science, about 40 retired scientists will begin mentoring in schools in Fairfax County, Va., and Montgomery County, Md., as resident "science gurus." (AP)

The Lotteries

Sunday, Aug. 17

DISTRICT	
Mid-day Lucky Numbers	8-9-0
Evening Lucky Numbers	n/a
Mid-day DC 4	3-2-3-2
Evening DC 4	n/a
Rolling Cash Five	n/a
Daily 6	n/a

Mid-day Pick 3	8-0-6
Evening Pick 3	9-9-4
Mid-day Pick 4	5-2-3-1
Evening Pick 4	8-7-3-1
Match 5	17-14-18-22-36 Bonus: 35

VIRGINIA	
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The number of matches, out of his last 39, that Rafael Nadal has won. The Spaniard won Olympic gold on Sunday, beating Fernando Gonzalez of Chile, and assured himself of taking over the No. 1 ranking from Roger Federer after 41/2 years.

Olympics to Remember for Phelps

Games were about more than 8 golds for top U.S. swimmer

OLYMPICS SWIMMING | Michael Phelps kept every swimsuit, every cap, every pair of goggles he wore during nine magical days at the Water Cube. Every memory will be savored, too, from goofing off with his U.S. teammates to bowing his head not one, not two, but eight times to receive a gold medal at the Beijing Games.

Phelps took down the grandest of Olympic records Sunday in the final event at the pool, helping the Americans rally for a world-record win in the 400-meter medley relay. That victory, one more than Mark Spitz had at the 1972 Munich Games, assured him a place in sports history and a legacy of, well, does he even need one? He became the winningest Olympian ever with 14 victories, five more than any other athlete.



Michael Phelps gets a kiss from his mom after winning his last gold medal.

Even though the Americans have never lost the medley relay at the Olympics, the latest gold was hardly a breeze. When Phelps dived into the water for the butterfly — the third of four legs — the U.S. was in third place.

But Phelps, swimming the same distance and stroke that he used to win his seventh gold a day earlier, powered to the front on his return

Phelps tracker

G: GOLD S: SILVER B: BRONZE

- G 1. 4x100m Individual Medley AUG. 9, 10 P.M.
- G 2. 4x100m Freestyle Relay
- G 3. 200m Freestyle AUG. II. 10:13 P.M.
- G 4. 200m Butterfly AUG. 12, 10:18 P.M.
- **5. 4x200m Freestyle Relay** AUG. 12. II:16 P.M.
- G 6. 4x50m Individual Medley
 AUG. 14. 10:45 P.M.
- G 7. 100m Butterfly AUG. 15, 10:07 P.M.
- **8. 4x100m Medley Relay** AUG. 16. 10:55 P.M.

lap, passing off to Jason Lezak with the Americans in front for good. Afterward, Phelps gathered his three mates in a group huddle. He thanked them for their role in the last of his three relay wins. "It was cool," Aaron Peirsol said. "We got to be a part of it."

Breaststroker Brendan Hansen was most impressed by the way Phelps detached himself from all the hype once he got away from the pool. He'd set a world record in the morning, then go back to the village and act like nothing had happened.

"I'd be, like, 'Do you realize what you're doing?" Hansen said. "And he'd be, like, 'Man, the pizza is good today."

As much as he relished the actual races, he really seemed to treasure those behind-the-scenes moments.

"I just wanted to make sure I took every single moment in and every single swim in, every single moment with my teammates, so I would remember them," Phelps said. "I don't want to forget anything that happened."

No one else does, either. (AP)

What now? Phelps has raised the bar. Can he help put swimming on the sports radar? | Today's Post, Al

MedalTracker





▲ UNITED STATES TOTAL: 65

COUNTRY G	OLD	SILVER	BRONZE	TOTAL
CHINA	35	13	13	61
RUSSIA	7	12	12	31
AUSTRALIA	8	10	11	29
GREAT BRITAI	N II	6	8	25
FRANCE	4	9	12	25
SOUTH KOREA	8	9	5	22
GERMANY	9	6	6	21
JAPAN	8	5	7	20
ITALY	6	6	6	18
UKRAINE	5	3	6	14

RecordBreakers



1 8:58.81

One day after Usain Bolt broke

the 100-meter record, the second world record of the 10-day Olympic track meet came in the Olympic debut of the 3,000-meter women's steeplechase. Gulnara Galkina-Samitova of Russia became the first woman to go under 9 minutes and clipped more than 2½ seconds off her own mark that had stood since July 2004, finishing in 8:58.81.

noted ...

Dream Ends Early

In the men's 1,500 meters, two-time Olympic medalist Bernard Lagat, U.S.



team flag-bearer Lopez Lomong and NCAA champion Leo Manzano —all naturalized citizens making their Olympic

debuts for their new country — failed to reach the final. "I gave everything I had," Lagat said. (AP)

Good Day

Star Chinese diver Guo Jingjing won gold in the 3-meter springboard on Sunday, China's fifth diving gold and the host country's eighth gold of the day.

Williams Sisters Join Forces to Win Gold Medal

OLYMPICS TENNIS | Venus and Serena Williams kept up a family tradition Sunday, playing together in the Olympic doubles tournament and walking away with the gold medal.

Slugging winners from the baseline and slamming shots at the net, the American sisters overpowered Anabel Medina Garrigues and Virginia Ruano Pascual of Spain 6-2, 6-0.

When Ruano Pascual sent the championship point long, the sisters shrieked in unison. Then they jumped for joy and hugged.

"Tm so excited, I can't even speak," said the 28-year-old Venus, who has already won seven doubles Grand Slam titles and a gold medal in Sydney alongside younger sister Serena, but didn't enter the doubles competition in Athens four years ago.

"To share this kind of moment with your sister," Venus said, "it never grows old." Jocelyn Gecker (AP)

Jamaica Sweeps Women's 100 M

Team USA is handed its worst combined showing in the dash

OLYMPICS TRACK & FIELD | A few fun-loving fresh faces have suddenly turned Jamaica int o the world's fastest nation.

And that supposed U.S. track and field juggernaut? Well, things aren't quite going according to plan.

Right fist thrust overhead as she crossed the finish line all alone, silver braces shining in the Bird's Nest lights as she hopped in celebration like the 21-year-old she is, little-known Shelly-Ann Fraser won the women's 100 meters Sunday night in 10.78 seconds to help make these Olympics a sweeping success for the Caribbean island.

Fraser was followed across the line, steps later, by teammates Sherone Simpson and Kerron Stewart, who both finished in 10.98 and both collected silvers — giving Jamaica the first sweep of medals in a women's 100 by any nation at any Olym-



Jamaica's Shelly-Ann Fraser, right, won the 100-meter dash in 10.78 seconds.

pics or world championships.

That impressive display came one day after Usain Bolt's easy-as-could-be, hot-dogging, record-breaking victory in the men's 100 — giving Jamaica the first sweep of men's and women's 100 golds at any Olympics since 1988.

"I was speechless yesterday for a while. Today I cried," Jamaica's minister of sport, Olivia Grange, said. "Little Jamaica — our country is blessed with some of the best, if not the best, talent you can find."

The single 100 bronze for the United States, earned by Walter Dix, amounts to the country's worst combined showing in the men's and women's dashes at an Olympics since the 1980 Moscow Games — where a boycott prevented any Americans from competing. HOWARD FENDRICH (AP)



BETTER THAN EVER: With a week to go in the Olympics, China on Sunday surpassed its best-ever gold medal haul. A lopsided victory by China's women's table tennis team over Singapore's brought China its 33rd gold, one more than in 2004. Two more came later that day.

beijing'08

Close but No Gold For Johnson, U.S.

Romanian earns gold, Americans get silver, bronze in floor event

OLYMPICS WOMEN'S GYMNASTICS | Once more, the gold medal was within Shawn Johnson's reach. Again, it was snatched away.

Two days after Nastia Liukin edged Johnson for the all-around title, Romania's Sandra Izbasa — the very last competitor — grabbed the floor exercise gold that was almost in the American's hands.

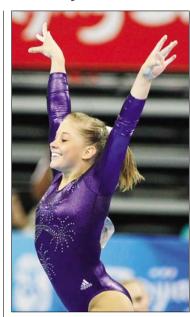
After Johnson went in the unenviable first spot Sunday night and saw her 15.50 stand up through six other finalists, including Liukin, only Izbasa remained. But the Romanian wowed the judges with her soaring somersaults and solid landings, earning a 15.65.

That left Johnson, the 2007 world champion, with three silver medals in Beijing and gave Liukin, who took bronze, one of each. Not a bad haul, with more event finals to come

Johnson, gracious as always, wore a bright smile all night, and gave several competitors big hugs when they finished their routines. She barely flinched when Izbasa's mark came up, and the 16-year-old American also had a hug for the winner.

"I had a little bit of hope inside of me," Johnson said, "but seeing how beautifully she executed her routine, I knew."

The biggest upset of the night | nese. barry wilner (AP)



Shawn Johnson led in the floor exercise finals up to the very last competitor.

came in women's vault, with China's Cheng Fei losing for the first time in three years. The gold medalist at the last three world championships landed on her knees on her second attempt, leaving the competition wide open. North Korea's Hong Un Jong stepped in with two solid vaults and clean landings to win the title — the first gymnastics medal for her nation.

The men's event finals were — here's a shock — dominated by China. Zou Kai won the floor exercise and Ziao Qin took pommel horse, making the hosts 4-for-4. Add in the women's successes, and it's been a medals feast for the Chinese BARRY WILLER (AP)

OLYMPICS BADMINTON | BAD DAY FOR INDONESIAN TEAMS



ON TOP: Lee Yongdae, top, and Lee Hyojung of South Korea, beat Indonesia's Nova Widianto and Liliyana Natsir in the gold medal match of mixed doubles badminton Sunday. An Indonesian team also lost in the bronze medal game to China.

what to watch

beach volleyball

9 P.M. Misty May-Treanor and Kerri Walsh of the United States hope to make it back to the women's beach volleyball finals for the second straight Olympics. But they have to beat Brazil's Rocha Talita and Ribeiro Renata on Monday in the semifinals. NBC

9 A.M. Women's soccer, semifinal -

match, Japan vs. USA. TELEMUNDO
10 A.M. Men's volleyball, preliminaryround, USA vs. Japan. NBC
8 P.M. Gymnastics, individual event
gold medal finals, men's rings and
vault; women's uneven bars. NBC
8 P.M. Track and field, gold medal
finals, men's steeplechase, 400-meter
hurdles and long jump; women's pole
vault. NBC

Bad Luck Follows American Shooter

OLYMPICS SHOOTING | American Matt Emmons aimed at the target — his own, this time.

Four years ago, he lost the gold by shooting at someone else's, and he wasn't about to do that again.

No, this story was going to have the happiest of endings. Emmons

needed less than seven points. Hit the target anywhere near the middle, and the gold medal that got away in Athens would be his.

He raised his gun. He prepared to fire. And — BLAM.

Somehow, Emmons' gun went off before he had focused it on the

center of the target. The result: an abysmal score of 4.4.

For the second straight Olympics, Emmons had forfeited a gold medal with a catastrophic mistake on the final shot of the three-position rifle. His misfire gave the gold to China's Qiu Jian. Emmons fell to fourth.

"It accidentally went off," Emmons said. NOAH TRISTER (AP)

Sports



WILD THING: Knuckleballing reliever R.A. Dickey matched a major league record by throwing four wild pitches in an inning as the Mariners lost to the Twins, 11-8, on Sunday. Mariners catcher Kenji Johjima also was charged with a passed ball on another errant pitch in the fifth.

Redskins Coach Tells It Like It Is

Zorn is cautiously optimistic, but no one is safe from his wrath

REDSKINS | With the preseason more than half over, it's become quite clear that there is no need to read between the lines when listening to Washington Redskins coach Jim Zorn evaluate a game. He tells it like it is and isn't afraid to needle anybody, but does so with such an upbeat attitude that even the players getting picked on are probably chuckling along.

Take quarterback Colt Brennan, the sixth-round pick from Hawaii who threw the winning touchdown pass in the fourth quarter of Saturday night's 13-10 victory over the New York Jets. Brennan has put up impressive numbers in two of three



Jim Zorn, right, talks with starter Jason Campbell, who had a bad day on Saturday.

games, and some of the faithful are ready to anoint him as the Next Great Thing.

Zorn's message on Sunday:

Get real. Delivered in much nicer words, of course, and accompanied by a smile.

"I just don't want to splash the

water on him yet, you know what I mean?" Zorn said. "Remember, we were talking differently last week after the Buffalo game: 'Oh, Colt came down to Earth.' Well, now he's in outer space again."

Then again, Saturday's game was a reality check of sorts for the first-string offense. Jason Campbell got a more serious critique from the coach after completing four of 10 passes for 28 yards.

"He still hesitated a couple of times," Zorn said. "The rhythm was a little off, and I think he fought through it. He wasn't sure of the first thing he wanted to do, and I've got to get him to help himself with his gut feel — because he had the right decisions at first, and he just wanted it to be better, and he didn't need it to be. It's just inexperience." JOSEPH WHITE (AP)



Juan Martin del Potro beat Viktor Troicki to win his fourth straight tournament.

Youngster Wins Legg Mason

19-year-old Potro wins fourth straight tennis tournament

LEGG MASON LJuan Martin del Potro won his fourth straight tournament Sunday, beating Viktor Troicki 6-3, 6-3 to take the Legg Mason Tennis Classic championship.

The 19-year-old, ranked No. 19 in the world, has won his last 19 matches since June 25, when he was bounced from Wimbledon in the second round.

Serving with a 5-3 lead in the second set, del Potro used two aces to go up 40-15. But on two match points, he first put a backhand, then a forehand, into the net. He quickly earned another match point chance and had yet another backhand go into the net.

Del Potro then held off three break point opportunities for Troicki before ending the match with a 134 mph ace.

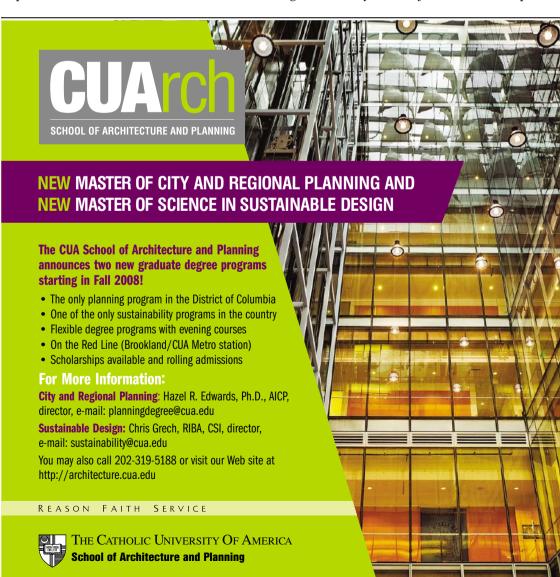
Troicki seemed to have a sore back during the match. After losing his serve to go down 4-3 in the first set, Troicki took an injury timeout and laid on the court while his lower back was worked on. (AP)



NATIONALS | Ian Stewart and Seth Smith hit three-run homers, Aaron Cook struggled through five innings for his 15th victory and the Colorado Rockies beat Washington 7-2 on Sunday, handing the Nationals their season-high 10th straight loss.

It's the longest skid for the Nationals since they moved to Washington before the 2005 season and the franchise's worst since the Montreal Expos dropped 11 games in a row from June 23 to July 4, 1991.

With 37 regular-season games remaining, the Nationals need to go 19-18 to avoid the club's first 100-loss campaign since the Expos went 55-107 in 1976. (AP)



TODAY'S TV LINEUP

NFL (8 P.M. ON ESPN) The defending champion New York Giants host Brady Quinn and the Cleveland Browns in preseason "Monday Night Football."

BASEBALL (8 P.M. ON ESPN2) The Milwaukee Brewers, winners of eight of their last 10 games, face the Houston Astros.

LITTLE LEAGUE (NOON ON ESPN2) The kids from Hagerstown, Md., represent the area in the Little League World Series.

ORIOLES (7 P.M. ON MASN) Camden Yards will host its 50 millionth fan on either Monday or Tuesday. On Monday, the O's face Jon Lester and the Red Sox.

THUNDEROUS APPLAUSE: The comedy "Tropic Thunder" — with Ben Stiller, Robert Downey Jr., Jack Black and Tom Cruise — debuted at No. 1 with \$26 million, bumping "The Dark Knight" to second place after four weekends on top.

Entertainment



BUNNY, INTERRUPTED: Faris plays a Playboy Bunny who has to strike out on her own after her time at the mansion is cut short.

She Feels Pretty

Anna Faris steps away from 'Scary Movie' and into a cuter role

BUNNY | Can Anna Faris become the next Reese Witherspoon?

Tired of waiting for good scripts, Faris decided to develop her own movie projects (just as Witherspoon did with "Legally Blonde 2" and "Penelope"). She met with "Legally Blonde" writers Kirsten Smith and Karen McCullah Lutz a few years ago to propose a concept she thought had potential: What happens to a Playboy Bunny when she gets too old to live at the Playboy Mansion?

Smith and Lutz liked the idea and set out developing a script as a starring vehicle for Faris. Adam Sandler's production company Happy Madison got on board, as did former "Saturday Night Live" writer-turned-film director Fred Wolf. The result is "House Bunny," starring Faris as Playboy Bunny Shelley Darlingson, who suddenly finds herself out on her tail after hitting the ripe old age of 27.

With no marketable skills beyond knowing how to look good, Shelley lands a job as housemother to a college sorority populated by a group of misfits. The house is on the verge of being sold and the sorority shut down if the girls can't draw in some new pledges. Shelley gives the girls makeovers and they in turn teach her how to be herself.

Faris, who starred in the 2000 horror spoof "Scary Movie" and its three sequels, hopes "House Bunny" can be a successful female-driven comedy that will help establish her as a leading lady.

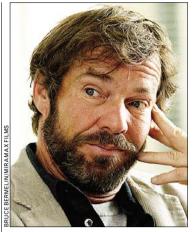
She co-stars with up-and-coming members of young Hollywood, including Colin Hanks ("Untraceable"), Emma Stone ("Superbad") and Kat Dennings ("Charlie Bartlett"). Rumer Willis (the eldest of Bruce Willis and Demi Moore's offspring) makes her feature debut, as does "American Idol" runner-up Katharine McPhee.

Each of the girls plays a character with a shortcoming that makes her an outcast. Willis wears a body brace. McPhee is a hippie-dippy expectant mom. Stone wears Cokebottle glasses. And Dennings has issues with men.

"All of them approached [their roles] with such enthusiasm," Faris gushes. "All of them gave up their sense of vanity for the sake of the movie."

Faris has played her share of offbeat, quirky characters since her breakthrough role as Cindy Campbell, the naive teenager, in Shawn and Marlon Wayans' "Scary Movie."

"In my movie career, I've definitely given up a sense of vanity," she says. "So, it was kind of nice, actually, to play the pretty girl." ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)



BRAINS AREN'T EVERYTHING: Quaid plays an overeducated, troubled sort.

How the Uppity Half Lives

'Smart People,' a study in despair and privilege, is on DVD

ACADEMIA | The 2008 comedy "Smart People" is a character-driven film that tries its best to be a must-see, but it's a near-miss.

Dennis Quaid plays weary professor Lawrence Wetherhold, a burned-out widower who barely relates to his English students at Pittsburgh's Carnegie Mellon and sleepwalks through his relationships with his college-age son (Ashton Holmes), teenage daughter (Ellen Page) and ne'er-do-well adopted brother (Thomas Hayden Church).

Into this circle of despair comes a former student, played by Sarah Jessica Parker, who attends to him one night in the emergency room after he falls on his head and suffers a seizure. We can see that they will begin dating.

Church's scenes with Page are the best in the film, as he tries to loosen her up, and she misinterprets and comes on to him.

The scenes between Quaid and Parker are less successful.

Of course, the moral of the story is that the good professor sheds his defenses and begins to treat others with some consideration.

Lil Jon — Citizen of the World

Rapper looks to make a global splash with his newest album

REBIRTH | Lil Jon is known for crunk music, but he's hoping his upcoming album will show that he has a broader appeal.

"It's not just music for the United States: It's world music," Lil Jon said of his new sound in an interview. "I'm touching so many different kinds of people on this album." The producer and rapper, best known for hits like "Get Low," Usher's "Yeah" and Ciara's "Goodies," is working on a new album following his release from his longtime label, TVT Records.

The working title of the CD was "Crunk Rock," but Lil Jon says he's thinking of changing the title to reflect the album's new direction, and his new freedom.

"It's totally given me a new energy, a new everything," he said of his release. "When you have a lot of



Lil Jon is working to incorporate various genres into his work. What? OK!

stress and negativity around you, when you cut that away, you cleanse. ... I'm starting over, basically."

And Lil Jon says he's looking to incorporate different musical styles in his synth-rap sound, working with dance acts, soca musicians, rock stars and more.

"I want people to say it's a breath of fresh air from everything that's out there," he says. "It's still going to be me and what they know me for, but it's still going to be newer."

NEKESA MUMBI MOODY (AP)

Entertainment



FRESH BLOOD: With the release of "Harry Potter and the Half-Blood Prince" bumped to next summer, the film adaptation of Stephanie Meyer's blockbuster teen vampire novel, "Twilight," has jumped into "Harry Potter's" Nov. 21 release date.

Amy Grant Is Ready to Roll

The Christian music diva prepares for her tour, holiday album

Q&A | Few artists have had a more powerful impact on the Christian music industry than Amy Grant. She burst on to the scene as a teen who helped define the contemporary Christian genre before becoming a crossover success with hits such as "Every Heartbeat." She'll embark on a reunion tour this fall,

and she's also readying "The Christmas Collection," which comes out Sept. 30.

What's the reunion tour going to

It's going to be a fun walk down memory lane because we've all gone on to other lives and other jobs. I'm excited about being back with everybody.

You've recorded three successful Christmas albums. What will this



MATERIAL GIRL: Grant has a dozen songs to record — plus two Christmas ones.

new project be like?

Signing with EMI, they have brought so much enthusiasm for my catalog. It was their idea to do a "best of" Christmas record and they just asked for two new songs, but I did two new songs and two old songs, and they actually liked all

four. For the other songs, I sat down one night and went through each of those three earlier Christmas records and I picked moments that were favorite moments for me.

What can you tell us about the new original songs?

The verses in "I Need a Silent Night" talk about how crazy Christmas has become and the chorus is sort of our response to that — "It's so commercialized, but I need a silent night." On "Baby It's Christmas," [husband Vince Gill] was kind of messing around with those chords and it just sounded romantic. We wrote that over a cup of coffee one morning.

Are you writing songs for your next studio album yet?

I've got a dozen songs that I'm ready to record. There's a song that a friend and I wrote when she found her birth mom. "Shovel in Hand" I wrote on the airplane. I had come from the cemetery watching my son and his friends bury one of their classmates. It's always songs inspired by people in my life. DEBORAH EVANS PRICE (BILLBOARD)





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PINEAPPLE EXPRESS (R) - ID REQ'D (Stadiu HE MUMMY: TOMB OF THE DRAGON EMPEROR

COUNTRYSIDE STADIUM 20

HENRY POOLE IS HERE (PG) (1205 230 STAR WARS: THE CLONE WARS (PG) (1130 1230 200 OC: PINEAPPLE EXPRESS (R) - ID REQ'D (100) 7 SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (1240 335) PINEAPPLE EXPRESS (R) - ID REQ'D (1135 220 350 500) 740 S

MAMMA MIA (PG-13) (Stadium) (140 415) 650 THE DARK KNIGHT (PG-13) (Stadium) (1200 1245 315 400) 630 OURNEY TO THE CENTER OF THE EARTH (PG) (Stadium)

(1120 1250 210 345 455) 655 740 940

SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13) (1220 310 PINEAPPLE EXPRESS (R) - ID REQ'D (1245 130 330 415) 650 750 THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)



THE COW WHISPERER: Claire Danes is up for the role of Temple Grandin, a wellknown authority on autism who is herself autistic, in an HBO biopic. Grandin used her autistic traits to become a pioneer in the field of humane livestock handling.

Entertainment

Don't Try This in Real Life

A wife invites all her philandering spouse's exes to their home

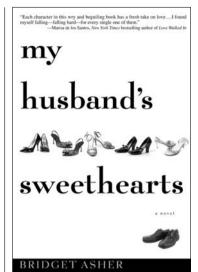
MARRIAGE | In Bridget Asher's "My Husband's Sweethearts" (\$22, Bantam Dell), Lucy Shoreman is still

coming to terms with her husband's cheating when she finds out he's dying. Unwilling to go through a second crisis alone, she gets drunk, takes his little black book and calls his sweethearts to invite them to take their turn at his deathbed.

She's stunned when the women start showing up.

A 20-something drug addict turned art student and a 50-something widow arrive first. Then there's her husband's high school algebra teacher, a lesbian and an

Eager to avoid the drama in her home, Lucy turns matters over to her mother and some of the sweet-



hearts while she focuses on reuniting the philandering Artie Shoreman with his long-lost son. But when Artie's son turns out to be as charming as his father, Lucy's life gets even more complicated.

"My Husband's Sweethearts" is best-selling author Julianna Baggott's first novel under the Bridget Asher pen name. She also writes children's books as N.E. Bode.

One of Lucy's most appealing qualities is her determination to make something good out of something bad. She does this by coming up with a plan to help Artie achieve peace with himself and his scorned lovers, reunite him with his son and help one sweetheart regain custody of her daughter.

But Lucy finds it hard to forgive Artie herself and is struck with guilt when she learns Artie dumped someone else for her. She realizes, as one subtitle says, "At some point, each of us is someone else's bad guy."

Asher's quirky and quick-moving plot keeps the pages turning, but the action comes with some sacrifice in characterization.

Even with this shortcoming, the novel is thoroughly enjoyable, and, like Lucy, readers will probably fall in love with "My Husband's Sweethearts." M.L. JOHNSON (AP)

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THE IMAX EXPERIENCE
KUNG FU PANDA: THE IMAX EXPERIENCE (PG)

5:45, 9:20 SPACE STATION 3D (NR-NOT RATED) 2:15, 4:00

DIGITAL 3D JOURNEY TO THE CENTER OF THE EARTH (PG) 1:50, 4:25, 7:05, 9:40

1:50, 4:25, 7:05, 9:40 MIRRORS (R) 1:35, 4:35, 7:40, 10:30 STAR WARS: THE CLONE WARS (PG) 1:30, 3:20, 4:10, 5:50, 7:00,

:20.950
ROPIC TROPIC THUNDER (R) 1:20, 2:20, 4:05, 5:10, 7:10, 8:10, 10:00
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***IMEAPPLE EXPRESS (R) □ 2:10, 5:05, 8:15
***HE SISTERIODO OF THE TRAVELING PANTS 2 (PG13) 1:05,
***HE SISTERIODO OF THE TRAVELING PANTS 2 (PG13) 1:05,

:15, 4:15, 6:25, 7:20, 9:30 HE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:10,

3:00, 4:30, 6:10, 7:30, 9:05, 10:15 SWING VOTE (PGT3) 10:05 PM STEP BROTHERS (B; 1:00, 1:55, 3:40, 4:50, 6:30, 7:45, 9:15 THE DARK KNIGHT (PGT3) 1:40, 2:40, 5:20, 6:20, 9:00, 9:55 MAMMA MIA! (PGT3) 1:25, 4:45, 7:25 HALLBOY! I: THE GOLDEN ARMY (PGT3) 7:55 HANCOCK (PGT3) 2:30, 5:00, 7:35, 10:10

VICKY CRISTINA BARCELONA (PG13) 1:45, 4:40
HENRY POOLE IS HERE (PG) 2:00, 4:55, 7:50, 10:20

AMC COLUMBIA MALL 14

THE **IMAX** EXPERIENCE (UNG FU PANDA: THE IMAX EXPERIENCE (PG)

2:45, 5:10, 7:35, 9:50 SPACE STATION 3D (NR-NOT RATED) 11:40, 1:15

DIGITAL 3D JOURNEY TO THE CENTER OF THE EARTH (PG)

.10, 333, 510, 634 MIRRORS (B) 140, 4:20, 7:10, 10:00 STAR WARS: THE CLONE WARS (PG) 12:30, 3:00, 5:30, 8:00, 10:30 ROPIC THUMDER (B) 11:35, 2:51, 4:50, 7:40, 10:20 MIREAPPLE EXPRESS (B) 11:00, 13:00, 4:05, 7:00, 10:10

2:10, 5:00, 7:50, 10:35 IUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:35,

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AMC SELECT.

***ICKY CRISTINA BARCELONA (PG13) 12:45, 3:10, 5:45, 8:10, 10:25

LOEWS GEORGETOWN 14 3111 K Street, N.V 202-342-6441

DIGITAL 3D FLY ME TO THE MOON 3-D (G) / 1:25, 3:40, 5:55,

8:15, 10:25
MIRRORS (R) ✓ 2:25, 5:10, 7:55, 10:30
STAR WARS: THE CLONE WARS (PG) ✓ 2:20, 4:45, 7:15, 9:45
TROPIC THUNDER (R) ✓ 2:10, 4:50, 7:30, 10:10
PINEAPPLE EXPRESS (R) 1:20, 400, 5:15, 6:45, 8:00, 9:30, 10:30
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 2:05,

THE SISTERHOOD UP THE INAVELING PANTS 2 (VILVA)

SEST, 745, 10:20

THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) © 20:54, 455, 745, 10:20

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:45, 435, 725, 10:05

STEP BROTHERS (B) 2:15, 4:40, 7:05, 9:35

STEP BROTHERS (B) 2:15, 4:40, 7:05, 9:35

MAMMA MIA! (PG13) 2:35, 7:00, 10:15

MAMMA MIA! (PG13) 2:35, 5:05, 10:15

MAMMA MIA! (PG13) 2:35, 5:05, 10:15

*** AMC SELECT**

VICKY CRISTINA BARCELONA (PG13)

1:00, 3:15, 5:40, 8:05,

0:20 HENRY POOLE IS HERE (PG) ✓ 2:30, 5:00, 7:20, 9:55 BOTTLE SHOCK (PG13) 1:50, 4:20, 6:50, 9:20 IMERICAN TEEN (PG13) 2:35 THE DARK KNIGHT (PG13) 2:00 5:15 8:30 /-SPECIAL ENGAGEMENT No passes or discount coupons

AMC POTOMAC MILLS 18

THE **IMAX** EXPERIENCE

KUNG FU PANDA: THE IMAX EXPERIENCE (PG) 5:35, 7:55, 10:20 SPACE STATION 3D (NR-NOT RATED) 2:15, 4:00

DIGITAL 3D

JOURNEY TO THE CENTER OF THE EARTH (PG)
12:25, 2:50, 5:20, 7:50, 10:10
MIRRORS (R) ✓ 1:40, 4:30, 7:10, 10:00
STAR WARS: THE CLONE WARS (PG) ✓ 1:45, 4:35, 7:05, 9:45
TROPIC THUNDER (R) ✓ 12:00, 1:20, 2:35, 4:05, 5:10, 6:45, 7:45,
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PINEAPPLE EXPRESS (R) 1:35, 4:25, 7:15, 10:05

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PINEAPPLE EXPRESS (R) 0.35 (4:25, 7:15, 10:05)

THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:00, 155, 3:45, 4:45, 7:30, 10:15

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 2:05, 455, 6:30, 7:40, 9:30, 10:25

THE DRAK KINGHT (PG13) 2:55, 6:15, 7:35, 9:50

MAMMA MIA! (PG13) 1:05, 3:55, 6:40, 9:20

HELLBOY II: THE GOLDEN ARMY (PG13) 3:50, 9:25

HARNCOCK (PG13) 1:25, 7:00

WALL-E (G) 12:15, 2:40, 5:05

WICKY CRISTINA BARCELONA (PG13) / 12:10, 2:30, 4:55, 7:25,

HENRY POOLE IS HERE (PG) ✓ 2:00. 4:40. 7:20. 9:40 **AMC COURTHOUSE PLAZA 8**

THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 2:50.

THE SISTERHOOD OF THE TRAVELING FARIS 2 (1818), 208, 530, 8:10
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:30, 2:25, 350, 4:50, 6:40, 7:40, 9:30, 10:15
SWING VOTE (PG13) 1:50, 4:30, 7:10, 9:50
STEP BROTHERS (R) 3:20, 5:40, 7:00, 8:00, 9:20, 10:20
SPACE CHIMPS (G) 3:00, 5:00
GET SMART (PG13) 2:10, 7:20
SEX AND THE CITY (R) 1:40, 4:45, 7:50
IRON MAN (PG13) 4:40, 10:00

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MIRRORS (R) 1:00, 3:50, 6:50, 9:50
STAR WARS: THE CLONE WARS (PG) 12:10, 2:30, 4:50, 7:10, 9:30
TROPIC THUNDER (R) 12:30, 1:25, 3:25, 4:25, 6:25, 7:25, 9:25, 10:05
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4:10, 7:05, 10:10
THE MUMNY: TOMB OF THE DRAGON EMPEROR (PG13) 1:05,
STEP BROTHERS (R) 12:15, 2:45, 5:15, 7:45, 10:15
THE DARK KNIGHT (PG13) 12:05, 1:30, 3:30, 4:45, 6:45, 8:30, 10:00
HANCOCK (PG13) 12:20, 2:35, 5:05, 7:30, 9:45
WANTED (R) 1:15, 4:15, 7:15, 9:55

LOEWS SHIRLINGTON 7

703-671-0910 801

VICKY CRISTINA BARCELONA (P613) 1:50, 4:10, 7:00
HENRY POOLE IS HERE (P6) 1:30, 4:10, 7:10
BOTTLE SHOCK (P613) 1:40, 4:20, 7:00
MAN ON WIRE (P613) 2:30, 4:40, 7:50
BRIDESHEAD REVISITED (P613) 1:45, 4:30, 7:20
TRANSSIBERIAM (R) 2:20, 5:00, 7:40
TELL NO ONE (NR-NOT RATED) 2:00, 4:50, 7:30

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DIGITAL 3D

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JOURNEY TO THE CENTER OF THE EARTH (PG) 10:25, 12:45, 3:05, 5:30, 7:55, 10:25

MIRRORS (R) ✓ 11:00, 1:40, 4:20, 7:15, 10:00 STAR WARS: THE CLONE WARS (PG) ✓ 10:15, 12:40, 3:10, 5:40,

8:10, 10:40 **TROPIC THUNDER (R)** ✓ 10:50, 12:10, 1:30, 2:55, 4:10, 5:35, 7:05, 8:25, 9:45, 11:00 PINEAPPLE EXPRESS (R) 11:15, 12:35, 1:55, 3:15, 4:45, 5:55, 7:25,

PINEAPPLE EXPRESS (8) 11:15, 12:35, 13:5, 3:15, 4:45, 5:55, 7:25, 8:35, 10:15, 11:15

THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 10:35, 1:20, 4:05, 7:00, 5:50

THE MUMMW: TOMB OF THE DRAGON

EMPEROR (PG13) © © 11:05, 1:50, 4:30, 7:20, 10:05

SWING VOTE (PG13) 10:45 PM

STEP BROTHERS (R) 11:25, 2:00, 4:40, 7:10, 9:35

THE DARK KNIGHT (PG13) 10:15, 1:35, 3:35, 5:00, 7:00, 8:30, 10:20

MAMMA MAIL (PG13) 1:00, 2:35, 5:10, 7:50, 10:30

WALLE (G) 10:40, 1:05, 3:30, 5:50, 8:10

VICKY CRISTINA BARCELONA (PG13) ✓ 12:25, 3:00, 5:25, 8:00, 10:35 HENRY POOLE IS HERE (PG) ✓ 10:30, 12:55, 3:20, 5:45, 8:20,

AMC MAZZA GALLERIE

TROPIC THUNDER (R) ✓ 12:30, 3:00, 5:30, 8:00, 10:30
PINEAPPLE EXPRESS (R) 1:40, 4:10, 7:15, 10:10
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:20,

4:20, 7:10, 9:50
THE MIMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:50,
THE DARK KNIGHT (PG13) 12:00, 3:30, 7:00, 10:20

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DIGITAL 3D

JOURNEY TO THE CENTER OF THE EARTH (PG) 12:10, 2:40, 5:00, 7:20, 9:40

12.10, 2:40, 5:00, 7:20, 9:40

MIRRORS (R) ✓ 12:00, 2:50, 5:25, 8:00, 10:45

STAR WARS: THE CLOW WARS (PG) ✓ 12:15, 1:20, 2:45, 3:50, 5:10, 8:20, 7:48, 8:50, 10:15, 11:10

TROPIC THUNDER (R) ✓ 12:05, 1:45, 3:00, 4:20, 5:40, 7:10, 8:15, 9:50, 10:50

9:50, 10:50
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THE SISTERMOOD OF THE TRAVELING PANTS 2 (PG13) 1:15, 2:30, 4:05, 5:30, 7:00, 8:20, 9:45, 11:05
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 1:30, 4:10, 7:30, 10:05

4:10, 7:30, 10:05 SWING VOTE (PG13) 4:40, 7:25, 10:10 STEP BROTHERS (R) 12:50, 3:15, 5:45, 8:05, 10:25 THE DARK KNIGHT (PG13) 12:30, 2:00, 3:45, 5:15, 7:05, 8:35, 10:20 MAMMA MIAI (PG13) 12:35, 3:05, 5:50, 8:25, 10:55 WALL-E (G) 12:00, 2:20

VICKY CRISTINA BARCELONA (PG13) / 12:40, 3:10, 5:35, 8:10,

10:40 HENRY POOLE IS HERE (PG) ✓ 12:25, 2:55, 5:20, 7:55, 10:30

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PINEAPPLE EXPRESS (R) 1:40, 4:25, 7:15
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:25, 4:05, 7:10 THE DARK KNIGHT (PG13) 1:10, 4:20, 7:35 MAMMA MIA! (PG13) 1:30, 4:10, 7:00

VICKY CRISTINA BARCELONA (PG13) 1:45, 4:15, 7:25

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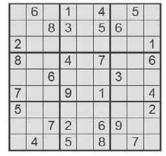


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Entertainment



CUTTING WIT: Harry Shearer clips and collects bits of newscasters' bad behavior.

Harry Shearer brings horrifying footage to the Web's masses

EMBARRASSMENT | As the red light went off and her program went to a commercial, Laura Ingraham's face dissolved from a smile into a frown, and then a look of pure disgust.

In a nine-minute video clip of on-set behavior at Fox News Channel, Ingraham radiates hate at everyone around her. There's a word misspelled on her teleprompter, her script makes no sense, a stranger hanging around annoys her, a producer is talking too loudly in her earpiece. "Oh, my God," she says. "This is a train wreck."

It wasn't the only locomotive going off the rails, particularly after comic Harry Shearer posted the visual evidence on his Internet channel last month. Those who don't like Ingraham's politics had something to ridicule her for; others had reason to question the sincerity behind her smile.

Shearer's "Found Objects," a semi-regular feature of the My Damn Channel Web site, is a place where news personalities don't want to find themselves.

His videos capture them in that television netherworld: on set or on location but before (they might think) the cameras are rolling.

The first posting last fall was an excruciating 17-minute video of former CBS News anchor Dan Rather on a chilly rooftop in Seattle obsessing over whether to wear an overcoat during a standup, or whether the coat's collar should be turned up.

Shearer has been fascinated by such moments for decades, ever since he saw a tape of Richard Nixon shortly before he announced to a nationwide television audience in 1974 that he was resigning as president.

"Some people collect coins," said Rob Barnett, a former MTV Networks executive who's president of My Damn Channel. "I collect vinyl albums. Harry collects this footage." DAVID BAUDER (AP)



CASH MONEY FOUND: Matthew Fox recently inked a new deal with Fox for his work on "Lost." The actor will now make \$225,000 per episode for playing Jack Shepard, up from \$150,000. Other "Lost" cast members are also negotiating their salaries.

Television

First Lady of the Press

Political prying has been Helen Thomas' specialty since 1961

THIRD DEGREE | Filmmaker Rory Kennedy directs and acts as an unseen interviewer in the documentary "Thank You, Mr. President: Helen Thomas at the White House" (9 p.m., HBO), a profile of the veteran White House correspondent who has been attending presidential press conferences since 1961.

The daughter of illiterate immigrants, Thomas took to journalism early and worked at the White House at a time when most female reporters were consigned to the "society" column.

Thomas regales viewers with anecdotes about the last nine pres-



TOUGH OUESTIONER: Press secretaries have feared Helen Thomas for years

idents and clips show her putting them on the spot. Despite tough questioning, Thomas enjoyed cordial relations with eight presidents. But she decries the current administration's contempt for journalism, the blending of government and religion, and its collusion with "friendly" media as dangerous, radical and unprecedented.

In fact, the faith-based, familyvalues crowd appears to have treated Thomas in a manner we mere sinners might call rude. She is seen here receiving a condescending rebuke from rookie press secretary Dana Perino. There's also a clip of Fox News ratings star Bill O'Reilly calling Thomas, a woman well into her 80s, a "pinhead." Where are your manners, Bill? KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

NAUGHTY GOES POLITICAL

Daughtry ("American Idol") sings "Feels Like the First Time" on a CAMPBELL BROWN ELECTION CENTER (8 p.m., CNN) segment about young voters.

MUTUAL LOSS

THE PRICE FOR PARADISE (8 p.m., Documentary) interviews Iraqis about their war experiences. It's followed by MY war, my story (9 p.m., Documentary), which features U.S. veterans.

OH. HO. HO SHE'S MAGIC

Will Ferrell and Nicole Kidman star in the 2005 send-up of **BEWITCHED** (9 p.m., ABC).

HOT MAN TRAVELS

A smart show with a dumb title, INTO THE LINKNOWN WITH JOSH RERNSTEIN

(10 p.m., Discovery) stars a handsome adventurer/archaeologist who spans the globe to explore strange and ancient cultures.

CURSED CLAN

A murdered woman's son is abducted



L.A.'S GOT TALENT: The girls from "The Hills" can not only pose—they can bowl!

on SAVING GRACE (10 p.m., TNT).

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Ponytail's art-rock sound got its start in a Baltimore art class

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CLASS ACTS | It isn't surprising that the members of the Baltimore-based quartet Ponytail attended art school. After all, the band's spastic songs on its new CD, "Ice Cream Spiritual," collage heat-warped surf-rock riffs, chattering electronic scribbles and vocals that recall the merry squeak of a blithe Ewok.

What is surprising, however, is that the Maryland Institute College of Art was directly responsible for bringing Ponytail into existence.

"We actually started in a class," said guitarist Ken Seeno, who recently graduated from MICA, where he studied conceptual and performance art. "It was called 'parapainting."



GRADE A: Some professors assign term papers. Ponytail's made it into a band.

Parapainting was a conceptual art course that asked students apply their creative skills to non-traditional mediums.

"Each semester was different, and during one semester you had to

start a band," Seeno said. "The professor put all of the bands together based on first impressions.

"Without really knowing each other, we just started practicing every week," he continued. "Our taste in music and our personalities are all over the place. Where they cross is where our music is."

Ponytail's sound today is similar to the group's still-strangers early work — although, to be fair, the band has polished its approach. Songs rise up amid hypnotic arpeggios only to crash back to Earth in big animesoundtrack meltdowns.

But if you're surfing through the MICA curriculum and considering a little rock 'n' roll night school, it's too late.

"After the bands in the class started getting signed and doing records, the teacher decided he wasn't really going to do bands anymore," Seeno said. "But he's really psyched about [Ponytail]. He comes to all of our shows in New York."

→ Iota, 2832 Wilson Blvd.; with Don Caballero, Tue., 8:30 p.m., \$12; 703-522-8340. (Clarendon)

Disney's Golden Boys

Do you use "u" as a substitute for the

second-person personal pronoun?

Have you ever used the phrase "rox

my sox" in written conversa-

tion? If so, you may be a Jonas

Brothers fan! Nothing against

this blandly handsome trio,

whose pop songs have launched thou-

sands of American tweens into aware-

They're the male Miley Cyrus — in ste-

reo, no less — and there's a place for

iPod. But maybe on yours. And defi-

nitely at the Nissan Pavilion tonight. F.Z.

→ Nissan Pavilion at Stone Ridge, 7800

that in U.S. culture. Just not on my

Cellar Door Drive, Bristow; 7 p.m.,

\$25-\$75; 800-551-7328.

ness of their burgeoning sexuality.

thescene



Twin brothers Joel and Benji Madden, joint frontmen of Good Charlotte.

TUESDAY

Good Charlotte: The band that started the whole "identical twin" thing. 9:30 Club, 815 V St. NW; 7 p.m., \$25; 202-265-0930. (U St.-Cardozo)

Unity and Strength: An exhibit of photographs depicting the Sichuan earthquake of May 2008. Martin Luther King Jr. Memorial Library, 901 G St. NW; through Aug. 28; 202-737-7230. (Gallery Place-Chinatown)

Breena Clarke: Washington native will read from her historical novel. Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness)

WEDNESDAY

Aesop Rock: Hip-hop for hipsters. 9:30 Club, 8I5 V St. NW; 7 p.m., \$20; 202-265-0930. (U St.-Cardozo)

Pride of the Yankees: The classic movie about a heroic baseball player battling first rival teams and later a debilitating disease. Capitol Riverfront at New Jersey Avenue SE and Tingey Street SE; dusk, free; 202-465-7093. (Navy Yard)

Peter Tork: Former "Monkees" member performs. Jammin' Java, 227 Maple Avenue E., Vienna; 8 p.m., \$15-\$20; 703-255-1566.

THURSDAY

Mike Birbiglia: Stand-up by an up-andcoming comic. The Improv, II40 Connecticut Ave. NW; 8:30 p.m., \$20; 202-296-7008. (Farragut North)

Chris Isaak: Famed crooner performs. Wolf Trap, Filene Center, I55I Trap Road, Vienna; 8 p.m., \$25-\$40; 877-965-3872.

Explore our searchable list of the area's events, venues, restaurants and movies at expressnightout.com/thescene.

topstops



A Teacher And a Doer

The expression goes, "If you can't do, teach." That's true for many, but Amy

Leung has defied the odds by doing both. As a professional working cellist and a scholar of music (she has a doctorate in musical arts and teach-

es cello, chamber music and string methods at the University of Utah), Leung leads in the classroom and by example. What better way to show your students how it's done than by performing at the Kennedy Center's Millennium Stage with renowned pianist Naoko Tako? Don't miss this rare opportunity to see choice classical musicians give it away for free. K.E.

→ Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600. (Foggy Bottom)



A First-Class Tearjerker

The United States has embraced one and only one Afghan writer: Khaled Hosseini, author of "The Kite Runner." This wildly popular book was turned into the one and only movie the United States has embraced about Afghanistan. The story centers on the friendship between two boys in pre-Soviet-invasion Kabul. Their journey leads to an exploration of war, love, ethnic conflict and immigration. Translation: You're going to weep and weep hard. K.E.

→ Strathmore, 10701 Rockville Pike, North Bethesda; 8:30 p.m., free; 301-581-5100. (Grosvenor-Strathmore)

Compiled by Express' Karmah Elmusa and Fiona Zublin. Read more of their picks every day at expressnightout.com/topstops.

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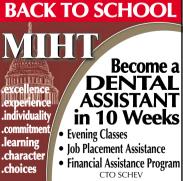
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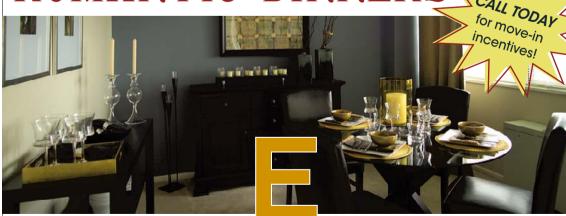
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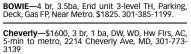
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Electric bicycles are becoming popular in major foreign cities

My electric bike is no Batmobile, but it makes me feel like a superhero.

The motor is so quiet it's easy to forget it's there when I'm pedaling through the streets of Paris — but I move much faster than a regular bike and I don't sweat. When I ride uphill, it feels like someone is pushing me.

The silver Chinese import that I bought for \$470 might not look as flashy as Christian Bale's wheels in "The Dark Knight," but it is much cheaper to run and kinder to the environment, too.

All of which helps explain why electric bikes are one of the hottest buys in Paris this summer — and are filling the streets of Amsterdam, Beijing and beyond.



increase in gasoline prices, we are seeing enormous interest."

OLIVIER BIRAULT, OWNER OF PARIS
STORE VELECTRIS

"It's become a new means of transport," said Olivier Birault, owner of Paris store Velectris.

"In France, we lost the culture of the bike after the war, when it was seen as old-fashioned or for poor people.

"Now it's coming back — and with the latest increase in gasoline prices we are seeing enormous interest."

Demand, says Sophie Nenner, who opened Paris bike store Velo Electro in 2005, is particularly high when the sun is shining. When it rains, I don't feel much like Batman on my bike.

More than 10,000 electric bikes were sold in France last year, up from 6,000 in 2006, according to the Conseil National des Professions du Cycle, an association of bike professionals.

And the trend is hitting all of Europe. Sales of power-assisted bikes in Germany this year are expected to double the 60,000 sold in 2007, according to Hannes Neupert, manager of ExtraEnergy, a nonprofit organization promoting light electric vehicles headquartered in Tanna, Germany.

In the Netherlands, sales of electric-powered bikes increased



electric-powered bikes increased | ELECTRIC PEDAL POWER: Reporter Emma Vandore rides her electric bicycle past a display of similar models in Paris, France.

Ride Aid

from 45,000 in 2006 to 89,000 last year, according BOVAG, a motorized vehicles industry association, which expects that the meter will read 121,000 at the end of 2008.

That compares with an estimated 10,000 units sold across the U.S. in 2007, according to the Gluskin-Townley Group, which does market research for the National Bicycle Dealers Association.

The popularity is partly due to imports from China, where manufacturers are making very affordable models.

Alberto Antonelli, whose family has been running the Molari bike shop in the seaside Italian resort of Cattolica since 1902, says he stopped selling European brands because his customers balked at the price tag.

"The Chinese bikes are less than half the price of Italian ones, and



 $\label{lem:commuter} A\ commuter\ crosses\ a\ New\ York\ City\ street\ on\ a\ battery-powered\ electric\ bike.$

clearly that makes a difference to a lot of people," he said.

China has more than 1,400 electric bicycle manufacturers, producing about 5.5 million units a year, according to the China

Bicycle Association. According to Economic Reference, a newspaper published by the official Xinhua News Agency, China exported 3 million electric bicycles in 2006 worth \$5.8 billion.

Imported electric bikes don't come much cheaper than mine, which my partner assembled and then upgraded by fitting it with three-speed gears and a new basket. Its performance is starting to fade after nine months of daily use, particularly the battery, which is made from lead and has a limited life span.

If I run out of juice, the heavy battery weighs down the bike and makes it difficult to ride uphill, particularly now that I am used to pedal assistance.

But it still incites curiosity wherever I take it. At least twice a week I get stopped by passers-by. "How does it work? Do you need to pedal? Are they very expensive?"

At the top end of the market, where electric bikes can cost upward of \$4,600, some models look like something Batman would ride — if he were into bikes.

The latest high-end models will go 62 miles without recharging, weigh as little as 44 pounds and offer funky features such as regenerative braking.

Store owner Birault says bikes are only the start of an electric revolution.

"People are waiting now for the electric car," he said. Emma Vandore (AP)

nightout

>> EXPRESSNIGHTOUT.COM

MUSIC

Cat Evolution

Panther started as an electronic solo project, but the new "14kt God" CD showcases the project as an avant-rocking duo. The band will be even bigger when it plays the Velvet Lounge on Monday, and Katherine Silkaitis spoke to leader Charlie Salas-Humara about Panther's evolution. ONLINE NOW





Amazonian Sounds

When Amazon got into the MP3-selling biz, even iTunes blinked. It's not just the open compatibility and ease of Amazon's digital music store that makes it appealing: it's the copious tunes it gives away. Christopher Porter rooted through 3,312 gratis songs at Amazon and made a couple mixtapes. | соміна ир

TELEVISION

True Rumors

The CW's "Gossip Girl" is the best show you're not watching, and now is the perfect time to catch up on all the backstabbing bitchery: The first season hits DVD on Aug. 19 and its second starts Sept. 1. Roxana Hadadi has a quickie guide to "Gossip Girl." | ONLINE NOW



comment board

Too much focus?

Is that a joke? Not focusing on Michael Phelps is what would be unreasonable."

COMMENTER WEISEGUY, WHO ADDED, "CONSIDER [THAT] THE MAN IS THE GREATEST OLYMPIAN OF ALL TIME AND ACCOUNTS FOR **NEARLY HALF OF AMERICA'S GOLD MEDALS."**

Yes. If you pay only minimal attention to the Summer Games, as I do, you'd think that Phelps is our only Olympian."

COMMENTER CAPITALIST ONE, WHO ADDED, "HOWEVER, AS LONG AS PHELPS KEEPS BRETT FAVRE OFF THE FRONT PAGE, I'M PERFECT-



"Yes, I do. There is entirely too much time and attention attributed to one person and one sport. Yes, he is a good swimmer. Is he the greatest Olympian of all time? That is up for debate."

COMMENTER GTPJMU, RESPONDING TO FRIDAY'S POLL CEN-TER QUESTION, "DO YOU THINK OLYMPICS COVERAGE HAS FOCUSED TOO MUCH ON MICHAEL PHELPS?

policenter Yesterday's Results as of 5 p.m.

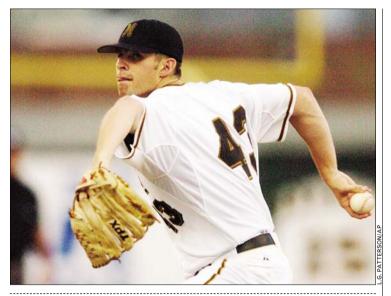
DO YOU THINK OLYMPICS COVERAGE HAS FOCUSED TOO MUCH ON MICHAEL PHELPS?

10 51%

YES 49%

"Apparently, when shopping for a vehicle at the BMW dealership, you are supposed to dress up and appear as if you have money."

CAPITOLHILL20210.BLOGSPOT.COM FELT DISCRIMINATED AGAINST WHILE CAR SHOPPING, ADDING, "I AM SORRY THAT MY FLIP-FLOPS DON'T SEEM TO BE [THE RIGHT] ATTIRE TO GO TEST-DRIVING."



"To not sign your No. I draft pick over less than a million [dollars] seems pretty ridiculous.

WEVEGOTHEART.COM CAN'T BELIEVE THAT THE WASHINGTON NATIONALS HAVE FAILED TO SIGN AARON CROW ADDING "FOR A TEAM THAT TALKS ONLY ABOUT INVESTING IN A FARM SYSTEM AND IGNORING TOP-DOLLAR FREE AGENTS. THIS SCREAMS OF HYPOCRISY.



"IT OCCURS TO me [that] a logical place to expand the system would be at Metro stations, something they already seem to be doing with the downtown locations."

GOODSPEEDUPDATE.COM IS A FAN OF SMARTBIKEDC'S BUSINESS MODEL. IT LAUNCHED THE COUNTRY'S FIRST CITY-WIDE RIKE SHARING PROGRAM LAST WEEK IN 10 LOCATIONS IN D.C.

"Summer is zipping by faster than a speeding bullet, it seems. Part of my perception has to do with [the fact] that because this summer has been so perfect in terms of weather, it seems in some way that spring never ended."

THEGOLDPUPPY.BLOGSPOT.COM APPAR-ENTLY MISSED THE BRUTALLY HOT SUMMER THE REST OF US IN THE AREA ENDURED

Discussions

The TV Column

Post TV columnist LISA DE MORAES was online Friday and expressed her disappointment in the men's volleyball uniforms, predicted some competition in the fall for "CSI: Miami" and said change is good when it comes to "Law & Order."

Has NBC already secured the broadcast rights for the 2012 London Olympics? I've been sick of NBC's allocating a lot of time to beach volleyball, swimming and Bob Costas. Why do the women wear bikinis to play beach volleyball but the men are in shorts instead of Speedos and shirts for God's sake — and some with sleeves! It's complete-

ly unfair, if not downright sexist.

Why shouldn't female viewers get

the same viewing pleasure from beach volleyball as male viewers get? I'm outraged.

Will David Caruso ever change the inflection of his voice? Will Emily Procter ever smile? Will she reveal more cleavage?

"CSI: Miami" may have some stiff competition this year in the form of NBC's new show "My Own Worst Enemy" with Christian Slater. If so, expect "CSI: Miami" producers to not take it lying down. Since, realistically, expecting Caruso to change the inflection of his voice is not possible, you will definitely see them ramp up the cleavagecam on Emily.

I think you may be tired of "Law & Order." but I wonder whether you have any idea how Chris Noth will be written out of the "Criminal Intent" series. I could not watch the Jesse

L. Martin episode; they have been on the air so long it's like we know them and we are growing old together.

I suggested a hail of bullets, but no one listened. It was Noth's second tour of duty on "L & O" and enough Mike Logan is enough. But, really, change is good. Especially when it involves the fabulous Jeff Goldblum. I will start watching regularly again.

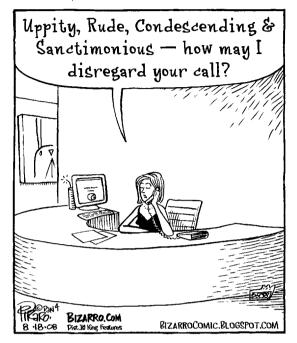
I know I'm probably too old for this (30), but I'm so excited to see Shannen Doherty return to "90210"!

Me, too. Prime time hasn't been the same since she left. And her off-camera antics are always great column material.

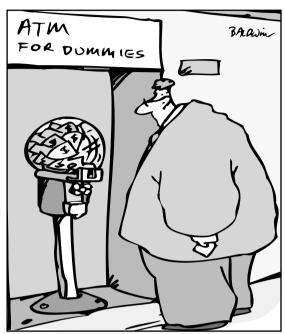
TODAY ON DISCUSSIONS: Michael W. Fox, veterinarian and

syndicated columnist for Animal Doctor, will take questions on pet care at II a.m. washingtonpost.com/discussions.

Bizarro | Dan Piraro



Cornered | Mike Baldwin



Pooch Cafe | Paul Gilligan



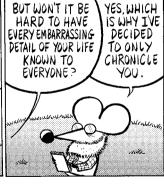




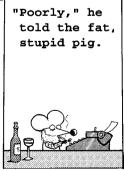


Pearls Before Swine | Stephan Pastis

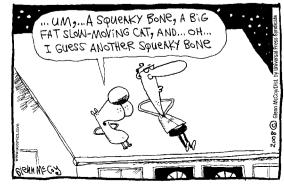








The Duplex | Glenn McCoy





Horoscope

By Stella Wilder

LEO (July 23-Aug. 22) Your passions are likely to be kindled early in the day, and you'll have trouble keeping your opinions to vourself at all times.

VIRGO (Aug. 23-Sept. 22) Are you really prepared for the kind of commitment you're currently considering? Remember, what you do will affect others, so think things through.

LIBRA (Sept. 23-Oct. 22) Don't make the mistake of spending money simply because someone else is telling you that you will be saving it.

SCORPIO (Oct. 23-Nov. 21) There is such a thing as putting a little too much into a simple effort—and you must know when it's time to pull back just a bit.

SAGITTARIUS (Nov. 22-Dec. 21) Though you may be impressed with someone's work, you needn't try to get along on a personal level if you feel that you're incompatible

CAPRICORN (Dec. 22-Jan. 19) You may be too quick to defend yourself; you'll want to listen before you act whenever possible. Don't think they're out to get you.

AQUARIUS (Jan. 20-Feb. 18) You may have to go through a screening process of sorts before you receive that which you are most earnestly after. Be patient and be honest.

PISCES (Feb. 19-March 20) Focus on your own internal rhythms, and you should be able to gain greater control over your own behavior and the results

ARIES (March 21-April 19) Take care of others as you would yourself. You can have a little fun after dark — if you free up your schedule.

TAURUS (April 20-May 20) This is likely to be a serious and fast-paced day, but there will be at least one occasion for you to find some private time.

GEMINI (May 21-June 20) You know just how to make someone feel good about himself or herself, and you'll have the opportunity to make a new friend in

CANCER (June 21-July 22) You may have to be the bad guy for a while in order to get others to improve on their own skills and begin getting better results.

Letters

Bush Bypasses Constitution

IT LOOKS LIKE President Bush keeps finding more ways to bypass Congress and our constitutional process in his last few months in office by just changing regulations on his own to make the Endangered Species Act a joke ("Rules Shielding Species May Change," Aug. 12). He did the same thing last month when he told the FDA that it could withhold federal money from any organization that wouldn't allow discrimination in health care by denying women access to birth control if one of the organization's employees objects because of religious beliefs. I guess he's trying to leave a legacy of accomplishment regardless of how he gets it done.

-TANYA SPANN ROCHE Beltsville, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1587 Virginia Dare becomes the first child of English parents to be born on American soil, on what is now Roanoke Island, N.C. (However, the colony she was born into ended up mysteriously disappearing.)

The 19th Amendment to 1920 The 19th Amendments the Constitution, which guarantees the right of all American women to vote, is ratified as Tennessee becomes the 36th state to approve it.

63 James Meredith becomes the first black student

to graduate from the University of Mississippi.

1983 Hurricane Alicia slams into the Texas coast, leaving 21 dead and causing more than a billion dollars' worth of damage.

2003 A senior French health official resigns after France's health minister admitted that up to 5,000 people might have died in a heat wave.

A seven-alarm fire rips 2007 A Seveni-aiaini ine inpo skyscraper next to Ground Zero in Manhattan, killing two firefighters.





People



He had a buy order out for sidekicks.

OWNERSHIP

Mogul Adds Bargain Sidekick to His Portfolio

DONALD TRUMP said Thursday that he will save Ed McMahon's Beverly Hills mansion from foreclosure by buying it and leasing it to McMahon. The developer says he doesn't know McMahon personally, but acted out of compassion because helping out "would be an honor." (AP)

Actor's Eveliner Runs As He Weeps Over Career



Virgin Records has sued 30 Seconds to Mars, the band fronted by actor **JARED** LETO, for \$30 million, saying it has

failed to deliver three albums as required by its contract. The band's last album, "A Beautiful Lie," was released in 2005. (AP)



UNIONS

Ellen, Portia Wed

In the biggest celebrity union since California legalized samesex marriage, ELLEN DEGENERES, 50, and PORTIA DE ROSSI, 35, wed Saturday night in an intimate ceremony at their Beverly Hills home, People and Us Magazine reported. The ceremony was attended by 19 guests, including DeGeneres' mother, Betty, and de Rossi's mother, Margaret Rogers. (AP)

DRUGS

Actor Blames Self for Last Season

Prosecutors have filed felony drug charges against

CRAIG PHILLIP ROBIN-

SON, an actor best known for his role as Darryl Philbin on "The Office." Police in Culver City, Calif., arrested Robinson on June 29 on suspicion of possessing MDMA, also Will the fifth season make him turn to heroin?

known as Ecstasy, and methamphetamine. He was released the same day after posting bail, jail records show. Pros-

ecutors charged Robinson with two felony counts of drug possession and one count of being under the influence of illegal drugs. (AP)

TRUTHS

Intentionally Funny People Make for Bad Headlines

STEPHEN COLBERT's one-man campaign against towns named Canton has its latest target firing back. A city councilman in Canton, Texas, said that he would "mash his nose" after the comedian referred to the town as



an "incorporated outhouse." "What does that sucker know about it? He's never been here anyway, said Councilman

John Fuller. The town is well-known for its large flea market. (AP)

EXTREME

'Things to Do Before I Die' **List Item Scratched Off**

BILL MURRAY landed in Chicago on Friday after jumping from an airplane 13,500 feet high. Murray, whose jump kicked off the 50th Chicago Air and Water Show, landed safely on a beach. The actor pretended to stagger as if dizzy, then smiled broadly and waved to the crowd. (AP)



Murray still has to see the Great Wall.

5 Day Forecast for the Washington Area



Regional Weather

92°



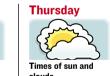
70°



92° / 68°



86° / 70°



83° / 71°



82° / 72°

90/70 Morgantown 2 84/57 Baltimore 90/64 Winchester 9 Washington, DC 92/70 Charleston

Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Sun. Temperature

ligh	889
_ow	66
Normal high	86
Normal low	69°
Average humidity4	40%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.56"
Normal month to date .	1.87"
Year to date	32.88"
Last year to date	18.13"
Normal year to date	24.80"

washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, mostly sunny. High 92. Wind south-west 6-I2 mph. Tonight, mainly clear. Low 70. Wind southwest 6-12 mph.

Sun and Moon

Sunrise today	6:25 a.m.
Sunrise today Sunset tonight Moonrise today Moonset today	7:59 p.m.
Moonrise today	8:46 p.m.
Moonset today	8:10 a.m.

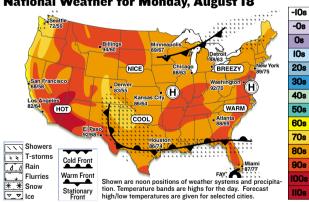
Aug 23





Sept 7 Sept 15

National Weather for Monday, August 18



N ational	Cities		World Ci	ties
City	Today Hi/Lo/W	Tues. Hi/Lo/W	City	Too Hi/L
Atlanta	88/69/pc	87/70/pc	Amsterdam	67/6
Boston	88/69/s	81/59/t	Athens	93/7
Chicago	88/63/pc	86/63/pc	Berlin	72/5
Dallas	85/67/t	87/68/t	Buenos Aires	57/3
Denver	83/55/s	90/56/s	Calgary	87/5
Honolulu	89/76/pc	89/76/s	Dublin	63/
Los Angeles	82/64/pc	82/64/pc	Geneva	78/5
Miami	87/77/r	87/78/r	Moscow	89/6
New York City	89/75/s	87/67/t	Rome	84/6
Orlando	90/75/t	88/76/r	Sydney	57/4

72/59/sh

93/75/s 57/37/s

93/78/s 55/46/r 63/54/r 89/64/c 70/52/c57/46/nc 71/58/c Tokyo



CROSSWORD | HEARD OVER BREAKFAST

ACROSS

1 V's House and Howser 4 Possibly, old-style 10 Farmer's locale. in song 14 All-American dessert 15 Frigid epoch 16 "The Time Machine" leisure class 17 Showy annual 19 Pitcher's error 20 Becomes a whiter shade of pale 21 Irritate 23 Units of wisdom? 25 Scottish kinsmen collectively

27 Slender fish 28 Spendthrift's outina 29 Rhythm starter? 30 Whom "my heart belongs to" 32 Staple of corporate attire 33 Six-year term politician

35 Certain paint treatment 40 Some post office workers 41 Curiosity victim 43 Improvise 46 Ben-Hur was

chained to one 47 When spring 49 Neckline shape

50 Breakable things 52 Dress down

53 Clears the hlackhoard 55 Basic principle 56 Blather wildly 57 Census statistic 62 One of the singing Jacksons 63 Twisted at the end? 64 Where men hoop it up 65 Oinker entree

66 Produce

1 "M*A*S*H" cops 2 Huge racket 3 Old salt 4 Kind of linebacker 5 Units to be subdivided 6 Consenting votes 7 Witch, to Shakespeare 8 "Long and far away" 9 Contour feather 10 Credit card balance, e.g.

11 Full of high spirits 12 Dillydallied 13 Probable 18 Remove rinds 22 Conclude with 23 L.A. hours 24 Larger-than-life 25 Multiplexes 26 Cousin of a moccasin

29 Roar 31 Mr. O. 33 Snowmobile part

67 High-pitched bark 53

> 34 Common foil material 36 "Who _ judge?" 37 Monthly bill, for some 38 Close inspection 39 Mediocre writer 42 Word with "end" or "Who" 43 Deflects 44 Get off-track? 45 It's inclined to

rovide shelter

Dennis, e.g. 48 Aid criminally 51 Jellied dish 52 Revived the pilot 54 Tops a different way? 55 Lunch fish 58 Boston Bruins Hall-of-Famer 59 Macabre writer buried in **Baltimore**

60 Tokyo sash

61 Carpet fuzz

47 Ketcham's

Friday's Solution

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SUDOKU | EASY

Fill in the boxes so each row, column and 3-by-3 square includes the digits I through 9. See www.sudoku.com for solution, tips and computer program.

Need more Suldoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Friday's Solution

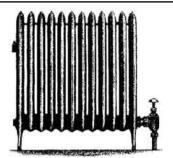
7	2	5	3	1	6	8	9	4
9	6	1	8	4	5	7	3	2
4	8	3	2	9	7	6	1	5
6	3	4	1	5	9	2	7	8
5	9	8	6	7	2	1	4	3
1	7	2	4	3	8	5	6	9
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8	5	9	7	6	4	3	2	1
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> and online



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Flossie Mathews

My newborn nephew
was healed from
life threatening
disease when I
prayed for his
recovery.



Patience Berko



I received complete healing after suffering for 20 years with back pains and aches.

Geraldine Moss

My son suffered with asthma or years, I prayed for his healing during one of the events of Miracles, and Godrestored his health!



Family Charles



I was delivered from depression and was able to restore my marriage through the power of Faith!

Somah Family

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The UCKG Helpcenter does not claim to heal, but believes that the Bible is absolute truth and that God can perform miracles!